

THE LARIAT

CHINO HIGH SCHOOL

CHINO'S FIRST ACADEMIC RALLY ON NEW CAMPUS!

By **Marlene Aguilar**

On November 18th Chino High School had their first academic rally of the school year on Chino's new campus.

During the academic rally, students are honored and there are performances from cheer, band, and Folklorico. The school all comes together to support these students and their accomplishments at this rally.

Alyssa Medina said, "This rally was different because it was inside the gym. I did not think the whole school would fit in there."



Chino High cheerleaders performing at the Academic Rally with their Pitbull routine.



This rally took place in the new gym for the first time, and many students and staff were concerned if they would all fit. The gym was fortunately able to hold everyone and even had some extra space for more students.

"The rally looked so much better in the gym than far away in the stadium," said Samantha Ortiz. Students and staff all had pleasant things to say about this year's academic rally, especially the performances. Although there were some doubts in the beginning, everything went well.

ARCADIA FESTIVAL OF BANDS

By **Karina Hernandez**

On the 19th of November the Chino 77TH Cavalry won many awards at the Arcadia Festival of Bands.

The band's hard work and dedication paid off when they broke the score of 96 and finished in the top 4.

Later that day, at the SCSBOA Field Championships, in Riverside Chino won a gold medal after another great performance.

Chino won a gold medal after another great performance.

This season the group won four field tournaments and received 19 sweepstakes awards.

Some upcoming events for the band were the Christmas parade on December 10th and the Holiday Concert on, December 13th.



CHINO HIGH COWBOYS ARE READY FOR FINALS

By Karla Quezada

Winter break is right around the corner, although, there is still that one stressful week, finals week. Finals week will be taking place on December 14th, 2022, and December 15th, 2022. All Chino High students will be taking those finals that help determine their final grade for the first semester.

“These last few weeks I want to go over all we did during the semester and ask my teachers for all possible help,” says Karen Quezada. Many students have already been told what their finals will be, a test, group project, or an essay. Many students ask for help from their

teachers so they can pass their finals as it plays an important role in their grade.

Students are ready for a break and want to end the semester strong with a good grade.

However, there are many students that are tired from schoolwork. They just want to take the final exams and get them over with. “I just want to get over school and go into break, so I just want to get over my exams....,” said Ryan Diaz.

All teachers are trying their best to have their students pass with a good grade.

Some teachers are going over what will be for the finals and others are giving out study guides.

“I really want all my students to pass with a passing grade this semester but sometimes it is hard for some students to put in their part. But most of my students do look like they are going to be passing my class.” said Lizbeth Mendoza.

Many hardworking students want to pass their classes for the first semester therefore they will have a stressful week, but with winter break they will be able to and get ready for the new semester.

THE CHS CONSTRUCTION JOURNEY CONTINUES

By Ribhi Imhud

With near completion of the new and majorly improved Chino High School, Administration is focused on keeping everything great.

Jonathan Cervantes, Assistant principal of Chino High School claims, “So far things are continuing to go on schedule”. Plans for the new campus came into play around 5-6 years ago, with permission from the city and community, in 2018 they broke ground for the first time.

“It was really possible first by the community, and that’s the beauty of

our community within chino”, said Cervantes.

As far as setbacks go, there really have not been too many other than minor adjustments to mechanicals and adjusting to the recent and future potential rain.

Mr. Cervantes believes by spring the new fields should be useable for the sports of that season. As for the whole campus, as a whole, it is around 85% complete and has an estimate of completion in 2024.



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The Lariat is the source for news, entertainment, and sports for Chino High School.

For back issues of this year’s publication, comments, and concerns, please contact peter_ottman@chino.k12.ca.us.

LINK CREW HELPS GUIDE FRESHMEN THROUGHOUT YEAR

By Brandon Lopez and Julian Gonzalez

Chino High holds a leadership program called Link Crew lead by qualified upperclassman 10 and above to help incoming, freshman feel welcomed and comfortable at their new school.

Each link leader is given ten or more freshmen to take under their wing and mentor throughout the school year. Link leaders may answer specific questions about high school that the freshmen may have and spend time with the freshman when they ask for it.

Link Crew leader, Carlos Fernandez said, "Academic day is a once-a-month event for freshman students to get advice, important dates, and talk to students freely. Academic day takes place during freshman English classes allowing link leaders to help with freshman's grades, homework and communication with counselors."

Academic day is taught with google slides presented by link leaders, they also play games, and get participation from freshmen. Academic day is taught

with google slides presented by link leaders, they also play games, and get participation from freshmen. Academic day is planned by four members of Link Crew with the help of the president and teacher to allow for an informative but fun time for these freshmen.

Link Crew makes the incoming freshmen their priority throughout the entire school year. Link leaders do this by checking on how their freshman are doing with classes, mental health, and making sure they are staying out of trouble.

Link Crew also creates some of the spirit days here at Chino High. Freshmen are encouraged by Link crew to participate in school spirit and receive reminders from their link leaders. Freshmen are constantly reminded throughout the year of activities, raffles, and movie nights.

On December 2, 2022, in the multipurpose room at Chino High school Link Crew hosted a Freshman



Photo of freshman watching the movie and enjoying snacks.

Night, this allowed freshmen to buy a ticket for themselves and one fellow sophomore student to attend.

This event allowed Link Crew to provide the freshmen with a positive experience of enjoying a movie and eating snacks with friends. Link leaders sold chips, Gatorade, caparisons, and candy, while providing one free choice of candy or chip per ticket. Although this movie night was only for freshmen, Link Crew is considering hosting another one for all grades.

THE DANGERS OF JUNK FOOD

By Karla Quezada

Junk food can now be found everywhere and anywhere. Many enjoy junk food because of convenience, affordability, and tastiness but do not realize the danger behind it. Junk food can cause physical and mental health problems.

Why do we go for junk food? "I like to eat at fast food places because they are good and tasty." said Andrew Sanchez. Fast food places might taste great, but



Photo of students eating at In-N-Out after a football game.

most people do not realize all the calories and poor nutrients they consume in one small meal.

Medical News Today states, "According to a 2015 review Trusted Source, fast food tends to contain various substances that are unhealthy. It is high in sugar, salt, saturated or trans fats, and many processed preservatives and ingredients."

There are many health problems that are caused by consuming these unhealthy foods as well as short term effects like high blood sugar, blood pressure, and increased inflammation throughout the body. There are long term effects like heart disease, obesity, and memory and learning difficulties.

Many, after eating junk food, can start feeling dizzy and may notice some bloating. This is caused because of everything consumed that your blood sugar and/or blood pressure might spike

up. Eating too much junk food can also cause bloating because of the excess intestinal gas that is in junk food.

When consuming junk food for an extended period, it can cause permanent issues like diabetes, heart problems, obesity, and cancer. Consuming fast food gives a resistance to insulin, that leads to diabetes and can cause weight gain. Also, these foods can cause inflammation and build up plaques in the artery, which leads to heart problems like heart disease or attack and stroke.

Junk food also comes with mental health disorders like depression and anxiety. Junk food releases a "happy hormone" in us called dopamine. Therefore, you are glad when you eat any junk food. Additionally, the rise in blood sugar or blood pressure can lead to low energy and easy irritability. Worries of gaining weight, body image distortion, and attempts to being healthy triggers anxiety. (Continued on page 4)

(Junk Food continued from page 3)



Junk food can be an addiction that is hard to get rid of but is possible. Food made at home is always a better and healthier option than processed food outside. We should be going for high fiber-foods, high calcium, and high-iron to maintain a healthy and stable lifestyle. That can be done at home, by being able to know what you put, and you consume.

There are many ways to end eating junk food. There are many healthy fats available to substitute for junk food, and there are healthier version of food with lower calories or lower fat. Planning meals before and tracking what you consume can help you get rid of junk food. In some cases it is fine to eat junk food, but it is better avoid junk food.

"GHOST LIGHT" PLAY PERFORMED IN BLACK BOX THEATRE

By Autumn Quiroz

From December 1st-2nd, Chino High hosted its first ever play in the new Black Box Theatre. Chino High happily welcomed all to watch their play in the newly built school theater.

"Ghost Light" by Greg Cummings, shows the life of ordinary students, and their struggles of producing a play for school. It is intended for modern day students to connect with the play in a realistic and meaningful way.

The Lariat had the privilege of attending the play and interviewing Mr. Smouse, who has been patiently waiting for his own theater room for the last 33 years, Mr. Smouse stated, "This was meaningful in the way that it's the first play in the new school Black Box Theater."

Mr. Smouse hopes for students of Chino High to grow their confidence after viewing this play, just like the students in the performance.

Chino High students did an outstanding job performing and presenting this meaningful play. We are proud of their hard work and dedication to this play. It was a memorable first play in the new school. "Ghost Light" gives way for students to seek confidence and find themselves through the play. Mr. Smouse and the cast did an extraordinary job of producing this play and making history in the newly built Black Box Theatre in Chino High!



Photo of cast in the Black Box Theatre.

CHINO HIGH STUDENTS ARE READY FOR WINTER BREAK!

By Mikaila Felix



Azriah Trejo (9th grade) is eager for winter break to arrive. Trejo shared, "I am so excited for winter break because I will be visiting New York for the first time ever!" A Christmas tradition that Azriah takes part in is purchasing gifts with her mother and donating them to the less fortunate.



Emily Ermer (11th grade) is planning on spending time with her family and friends over the winter break. Ermer states, "Every year for Christmas my family and I make tamales and have a cooking contest. Something I am really looking forward to over break is ice skating with my friends."



Adam Gonzalez (12th grade) is excited for this school year's winter break. Gonzalez said, "My plans for winter break are to stay home and prepare for all my family to come over for Christmas and New Year's. I am looking forward to hanging out with my family and chilling with my cousins over break."



Alyssa Galindo (12th grade) is most excited for the cold weather and catching up with her family and friends. Galindo states, "Every year my family and I bake cookies and decorate them. We also pick out multiple Christmas trees to put up throughout our house and decorate them together."

CHINO'S ANNUAL CHRISTMAS PARADE

By Alyssa Candelaria



Photo of Chino High Color Guard participating in the parade.

On Saturday December 10, the City of Chino had its annual Christmas parade. Many different community groups walked the streets to show their holiday spirit.

Chino High's 77th Calvary and Folklorico dance team were there, along with the band from Ayala and Don Lugo.

Emily Gutierrez, a member of the 77th Calvary said, "I love being in the

Christmas parade because it is amazing how everyone comes together to celebrate Christmas."

Christina Gonzales, a parent of a high school student, said "The Christmas parade is an amazing tradition that me and my kids love doing every year."

The parade came out perfectly and people loved it!

COWBOYS PLAN FOR THEIR FUTURE

By Fernanda Sanchez

As the end of November has approached, seniors of Chino High School have finished submitting their college applications for the fall semester of 2023. Although not everyone has applied to college, many students now must wait to hear back from the schools they submitted applications to.

One of Chino's hard-working seniors, Crystal Lira told The Lariat she applied different to Cal State like Long Beach, Channel Islands, San Francisco. Lira also applied to UC Davis, UC Irvine, and UC San Diego. She started applying around November 16 and submitted during thanksgiving break.

Another hard-working senior, Valerie Howard applied to a variety of colleges. She applied to UCLA, UCI, Cal State Fullerton, Cal State San Diego, Cal State LA, and Cal State San Marcos. Howard also applied to some private schools like Point Loma Nazarene and Laverne. Howard also applied for initial action for the University of Arizona and ended up getting accepted. She started applying at the end of July and tried to do at least one application a month. Howard worked on her Cal States and UC applications over thanksgiving break as well.

As Senior Class President, Daniel Romero has worked hard this year to ensure a great senior year for the seniors of Chino High School. For UC's, Romero has applied to UCLA, UCI, and UCSB. However, for Cal states, he applied to Cal State Long Beach, Cal State San Marcos, and Cal State Fullerton. Romero also applied to initial action for Cal Baptist and received a package from them for getting accepted. Romero began his college application process in November and completed them within three days.

These wonderful seniors explained how relieved and proud they feel after submitting their applications because the stress of applying has now been lifted off their shoulders.

For any seniors who applied, you should be proud of yourself. The hard part is now over and all that is left to do is to wait for that acceptance email.

CHS BLACK FRIDAY PURCHASES

By Nathaniel Gonzalez

With Black Friday passing, many people have taken advantage of the special discount day after Thanksgiving.

Daniel Villalpando, another senior, claims he bought a PS5 and a Subwoofer speaker. Villalpando added that he bought them both from BestBuy.

Richard Erlandson, a junior, states, "I went to Champs in the Montclair mall and bought some new basketball shoes."

Many interesting things were purchased by staff and students from Chino High on for Black Friday.



BOYS VOLLEYBALL COMING TO CHINO

By Jesus Amezcua

This year Chino High School decided to start a new sports program for Boys' Volleyball, the whole school is surprised, and many boys are excited to play the sport during the spring season.

Only a limited number of players will make it on varsity and few on JV. Coach Gabby Vatkin, said that hopefully the boys can win league and have an undefeated season. Coach Gabby said, "Everyone is happy for this new sport, so make these fans proud and make it through this year".

The Chino High Boys Volleyball team is looking to have a great first season. The players are confident and think they're going to play well this year and make Principal Miller proud. The Boys volleyball season is starting this winter and practicing soon.



CHINO HIGH CROSS COUNTRY RAN HARD THIS SEASON

By Carlos Fernandez

Chino's girls' cross-country team implication of coach and captains' advice during their fall season took them to the first round of CIF, while the boy's dedication led them to a tough knock out from league finals.

Coach Alex Lira claimed that he struggled with keeping his team consistent and healthy, but with constant reassurance and added variation to strength training, this led the team to progress at the right time and in the ideal meets.

Coach Alex also said that the two people who surprised him the most were Joshua Fernandez for his switch of mindsets leading him to be more confident and dedicated to the sport in addition Andrea Ulloa, who joined because of a bet but did exceptionally well, nonetheless.

Out of all the races, the one that stood out the most was League Finals because every member dug deep to perform to the best of their abilities, with many runners breaking their own personal records.

According to Elena Rossen, team captain Alexis Wachowski was the heart and soul of the team, showing off her leadership skills and making the team feel more like a family than anything else. Coach Alex worked with every member's individual strength and weakness and ran alongside his athletes to show his connection and dedication to the team.

Overall, cross country is not an easy sport but with hard work and dedication you can join their family that can show you the value of believing in yourself and pushing every day to better yourself.

FRESHMEN BASEBALL PLAYERS RECEIVE TRYOUT RESULTS

By Nate Flores

The Chino High School freshman baseball team had the tryout week from November 14 to the 17, tryouts lasted for four days. Nineteen freshmen were able to make the team this year. practice will start somewhere in January.

The Lariat interviewed Christopher Castellon, a freshman that made the team. He said the tryouts were fun. He stated, "I just tried my best at everything we did so I could make it on the team."

Jonathan Navarro also made the freshman baseball team. He said, "I was excited and happy." He also shared that the tryouts went well and that he felt like he did good. He added, "I showed the coaches that I could do anything they needed me to do on the field."

The Laret also interviewed Miguel Heredia about the tryouts and he said, "When I knew I made the team I was thrilled." Heredia said tryouts were fun and competitive and that baseball was his favorite sport. Heredia added, "Tryouts weren't hard but also weren't easy I made a few mistakes but after I just fixed them."

